



M&A Safety Services

512 Viaulet Road
Youngsville, Louisiana 70592
Main: 337-451-4685
Fax: 337-451-5847
www.masafetyservices.com

Medic First Aid G2015

Course Outline

Prerequisites: This course shall have no formal pre-requisite.

Course Length: 4 hours – Course length shall vary depending on the number of delegates. Total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be twelve (12) in the classroom session and twelve (12) in the practical session.

Course Objective

-) Provide delegates with the core knowledge to perform basic first aid.
-) Provide delegates with the core knowledge to perform Cardiopulmonary Resuscitation (CPR) with or without the use of an Automated External Defibrillator (AED).
-) Provide delegates with the understanding of Universal Precautions and how to protect themselves from Bloodborne Pathogens (BBP)

Course Design

-) Power Point© / Lecture / Audio Video / Visual Aids/ Student Book

Successful Course Completion

-) Requires a minimum score of 75% or better.
-) Delegates will have no more than thirty (30) minutes to complete the exam.
-) Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.

Course Content Summary

-) Classroom

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)



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Course Outline

Preparing to Help

-) First Aid Provider
 - First Aid
 - Recognizing an Emergency
 - Personal Safety
 - Deciding to Help
-) Protecting Yourself
 - Infectious Bloodborne Diseases
 - Standard Precautions
 - Personal Protective Equipment
 - Small Group Practice – Removing Contaminated Gloves
-) Legal Considerations
 - Consent
 - Implied Consent
 - Abandonment
 - Good Samaritan Laws
-) Calling for Help
 - Emergency Medical Services (EMS)
 - Emergency Action Plans
 - Poison Help Line
-) Emergency Moves
-) Cardiac Arrest
 - Oxygen and the Human Body
 - Sudden Cardiac Arrest
 - Cardiopulmonary Resuscitation (CPR)
 - Early Defibrillation
 - Chain of Survival
 - Secondary Cardiac Arrest
 - Opioid Overdose
-) Chest Compressions
 - Small Group Practice – Chest Compressions
-) Rescue Breaths
 - Establishing and Airway
 - Using a CPR Mask
 - Using an Overlay Shield
 - Small Group Practice – Rescue Breaths – CPR Mask or Rescue Breaths – CPR Shield
-) Automated External Defibrillation
 - Small Group Practice – Using and AED



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-) Primary Assessment – Unresponsive Person
 - o Recovery Position
-) Caring for Cardiac Arrest
 - o Small Group Practice – Caring for Cardiac Arrest
-) Multiple Provider Approach
-) Choking
 - o Mild Obstruction
 - o Severe Obstruction

Assessment

-) Primary Assessment – Responsive Person
 - o Small Group Practice – Primary Assessment – Responsive Person
-) Secondary Assessment

Sudden Injury

-) Control of Bleeding
 - o Tourniquets
 - o Hemostatic Dressings
 - Small Group Practice – Control of Bleeding
 - o Using a Tourniquet
-) Shock
 - o Internal Bleeding
 - o Amputation
 - o Impaled Objects
 - o Open Chest Injury
 - o Open Abdominal Injury
-) Head, Neck, or Back Injury
 - o Spinal Injury
 - o Brain Injury
 - o Concussion
-) Swollen, Painful, or Deformed Limb
 - o Splinting
 - o Using a Malleable Splint
-) Burns
 - o Thermal Burns
 - o Electrical Burns
 - o Chemical Burns
-) Minor Injuries
 - o Nose Bleed
 - o Injured Tooth



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Sudden Illness

-) Altered Mental Status
 - o Fainting
 - o Stroke
 - o Hypoglycemia
 - o Seizure
-) Breathing Difficulty, Shortness of Breath
 - o Asthma and Inhalers
 - o Severe Allergic Reaction
 - o Using an EpiPen
-) Pain, Severe Pressure, or Discomfort in the Chest
-) Poisoning
 - o Ingested Poisoning
 - o Inhaled Poisoning
 - o Severe Abdominal Pain

Environmental Emergencies

-) Heat Emergencies
 - o Heat Exhaustion
 - o Heat Stroke
-) Cold Emergencies
-) Hypothermia
-) Frostbite

Supplemental Topics

-) Bites and Stings
 - o Stinging Insects
 - o Snakebites
 - Pit Viper
 - Coral Snake
 - o Spider Bites
 - o Tick Bites
 - o Marine Animal Stings
 - Jelly Fish
 - Stingray
 - o Animal and Human Bites
-) Emotional Considerations

Practical Session

-) Caring for Cardiac Arrest
-) Control of Bleeding



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Training Center Provided Material

-) Medic First Aid Basic Plus CPR, AED, and First Aid for Adults Student Book

Student Requirements

-) None